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**INFORMATION FOR THE PRESS**

**United States Department of Agriculture**

RELEASE FOR PUBLICATION  
NOVEMBER 3, 1937 (WEDNESDAY)

BUREAU OF  
HOME ECONOMICS  
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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THE PROOF OF THE PUDDING

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But how does it taste? That, to most persons, is the final test of food quality. Meat, cake, bread, jelly, potatoes--all food that's eaten must undergo this examination. And every cook knows that this taste test is a critical one where its performance that counts.

In addition to being a good source of this vitamin, or that mineral, or being especially valuable for some other reason, a satisfactory food must have good eating quality. It should have a pleasing aroma and a desirable flavor. These characteristics can be judged only by human beings.

It is for this reason that a taste test is one part of every experiment on food quality carried out by the Bureau of Home Economics. Competent judges actually taste the food and record their opinions concerning it on standard score cards.

These judges are ordinary persons--secretaries, executives, and laboratory workers, of the Department, both men and women. Taste-testing is only a side-line to them. They do their regular work each day and are called in on occasion to sit in judgment on foods. But they are discriminating, chosen for their ability to show consistently good taste judgment.

A good judge must have enough experience to recognize different qualities of foods when he tastes them. He should have an analytical mind so that he can



translate his opinions into the words of the standardized score sheet. His taste standards must be high. And he should be able to duplicate himself—that is be consistent in his choices from day to day.

The personnel of a taste jury varies with the aim of the experiment. If the aim is to find the better of two methods of making jelly, then judges are persons acquainted with standards of jelly excellence. But the aim may be to determine preferences of consumers for certain types of food where there is no recognized standard of excellence. Then a representative group of consumers with no specialized food knowledge can be used.

The technique of preparing food to be taste-tested varies somewhat. But in all cases, the judge does not know the differences in the samples. If the food is ordinarily served hot, or if it must be cooked to develop aroma and taste, the samples are judged while they are hot. And the judging takes place at a time when the tasters are neither too hungry, nor when they have just finished a meal.

Typical taste-testers are the meat judges. For the past eleven years the Bureau of Home Economics has cooperated with federal and state experiment stations to find how production factors affect the eating quality of lamb, pork, and beef. That is, they want to find how breed, feed, age, sex, and method of handling these animals affect the flavor, the tenderness, and the general palatability of their meat. And when they find what kinds of meat have the highest eating quality they can trace backwards through their experimental data to find just how they produced the hog that gave the pork that the judges rated best.

To determine the palatability of the meat is the final chapter in each of these experiments. A standard cut from each animal is cooked. Pork loin, ham, beef rib roast, leg of lamb are four of the standard experimental cuts. These come from corresponding sides of each animal. Throughout an experiment these cuts



are cooked to the same stage of doneness. The cook determines this exactly by a thermometer placed in the meat.

Usually meat judging takes place about 3 o'clock in the afternoon. The trained judges meet around a table. Ordinarily there are from three to five of them. In front of each judge is a glass of water, a plate, a fork and paring knife, and a tart apple. As each slice of unseasoned meat is put before him he taste-tests it and records his opinions on a standard score card.

Let's look in on a session of the pork taste-testers. This time there are four judges assembled. In comes a girl with the first samples--four small pieces of pork from the first roast. She sets a plate in front of each judge. The judge lifts the piece so that he can smell the aroma while the pork is hot. He records his opinion. And he judges both how strong the flavor is and whether or not he likes it.

Next he notes the texture--how fine the grain is. Then he eats a bit of the fat. He tastes this for intensity and desirability. He does the same for the lean. He records his opinion of the tenderness of the meat. He notes how much juice there is and how rich that juice tastes to him. Then he marks the color of the lean and of the fat.

Carefully he looks over the score card and signs his name. All is done for one sample. The judge takes a sip of water and eats a slice of tart apple. The taste of the last sample is gone and he's ready for sample number two.

Meanwhile, out in the kitchen, the roasts are emerging from the oven at intervals of about 10 minutes. This allows time for the judges to taste each one and for carving and doing the statistical work that needs to be done in the kitchen.

Since the opinions of all the judges are recorded on standard score sheets it is possible to compare and correlate the results. Then these results may be



sent back to the producer. Thus he finds what the consumer will probably like. Since he knows the whole history of the production of the animal, he can duplicate it for meats that should sell well on the market.

In the bread flavor tests being carried on now the 14 selected judges never have more than three samples to taste at once. At 11 o'clock, several mornings a week, each judge gets a paper sack. In this sack are the three samples. He smells them, tastes them, and records his preferences on a score card. The samples are varied in many significant ways. One day the breads are mixed by three different methods. The next variable may be the class of wheat used in each. Each different factor is judged at least twice. When the final results of this experiment are correlated they will go to bread producers who may profit by it.

The Bureau has conducted a number of other taste tests. In one they fried potato chips in different types of fats to find the ones best adapted for deep fat frying. In another they tried the different kinds of fats in biscuits to test the effect on flavor. From year to year tests are made of soybean varieties, potato varieties, and of the various production factors that influence the table quality of potatoes.

In all these cases the value of the taste-test lies in the fact that it enables the producer to estimate how the consumer will react to his product. And he can look to the experimental data to find how to meet their preferences.

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*Homestead*

# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
NOVEMBER 10, 1937 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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TURKEY WITH TRIMMINGS  
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"Turkey with trimmings" has been the American pattern for special winter dinners since early colonial days. Against a background of the best linen, china, and silver, turkey plays the star part at company dinners and on holiday occasions. Savory stuffing, giblet gravy, and cranberries make up the main supporting cast.

In early days, acquisition of the turkey was a matter of aim and ammunition. Today, it may be the simple act of a telephone call to a dependable dealer or a trip to market. Although the modern method may not be so sporting, it makes for more consistent success in cooking.

The homemaker in colonial days couldn't tell until the man of the house came home from his turkey-shooting whether it would be a big or a little bird, an old or young one, or no turkey at all. Fortunately, today it is possible to know not only the age and weight of a turkey, but something of the quality as well before the purchase is made.

Since a turkey is a fairly large cash investment for the average family, and since its preparation requires long and careful attention, the woman who buys one wants to get the very best she can for her money. She wants one large enough to serve all adequately. She wants one that will be attractive when all eyes are turned to it during the rite of carving. And above all, she wants it to be tender and juicy, and have good turkey flavor.



The size of turkeys is judged by their weight. A 15-pound bird as you buy it undrawn with head and feet attached, will make about 20 generous servings. Of course, the inevitable second helpings must be considered when buying for any given number of persons.

Well-finished young tom turkeys, the ones most plentiful on the market, usually weigh at least 14 pounds. Hen turkeys are smaller, and the supply of them is relatively more limited, since there has been such a large demand for smaller-bodied turkeys to fit modern refrigerators and smaller family groups. Poultry scientists of the U. S. Department of Agriculture have undertaken to develop strains of turkeys to meet this need. The experiment has been going on for about 2 years. The birds this year show that the scientists are progressing toward their goal. It is probable that these tailored-to-order turkeys will be available in markets sometime in the future.

From the weight of the turkey, the cook can figure how soon before the meal to start her cooking. She'll need to allow about 15 to 20 minutes per pound for a young bird, depending upon her method of cooking. Here again, the weight refers to the undrawn turkey as bought in the market.

An older bird will need to be cooked longer and somewhat differently. One way to tell the age of a turkey is to feel the breast bone. If it is flexible, the turkey is young. Older turkeys have hard breast bones and are heavier for their size than young ones.

Of turkeys of any given age and weight there may be great differences in quality. One may be stringy and tough when cooked--the other juicy and tender. Turkeys of good quality are well-fleshed and well-rounded. They have a coating of fat underneath the skin. When this coating of fat is lacking the turkey has a blue look showing through the skin over most of the body. Turkeys of good quality are free from blemishes and have few pinfeathers.



Most turkeys are sold undrawn with head and feet attached. Those that have already been drawn will naturally cost more per pound because of the weight that has been removed. But pound for pound of meat they usually do not differ greatly in price.

If you are buying a turkey to carve at the table, see that the breast bone is straight. If possible, get a bird whose crop has been removed through a slit in the back of the neck or down on one side, so that the breast is unmarred. And when you have the turkey drawn, have a small strip of flesh left under the tail. Then you can tuck the turkey's legs under this during roasting.

You can make sure of all these points by stating your wants to a dependable dealer or by selecting the turkey yourself. Of the government-graded turkeys, U.S. Prime or U.S. Choice are the most desirable grades. However, a turkey of the lower grade, U.S. Commercial, may be entirely satisfactory for your needs if you want a lower-priced turkey and do not intend to have it carved at the table.

You'll need to give a turkey of this grade longer and slower cooking because it is less well-fleshed than the higher-graded birds. Part of the cooking time you'll leave the lid on the roaster. These turkeys usually have little fat on them. For that reason you'll need to add fat during cooking. Some U.S. Commercial turkeys are fairly well-fleshed but are in this lower class because of crooked backs, breasts or legs. These deformities won't make any difference if the turkey is carved before it is served. Or if it is served as sandwich fillings or as cold turkey in other ways.

The Bureau of Home Economics has worked out the following directions for roasting turkeys.

Before stuffing the turkey, singe it and clean it thoroughly. Rub the inside with salt. Then fill the body cavity and the neck cavity with savory stuffing, but



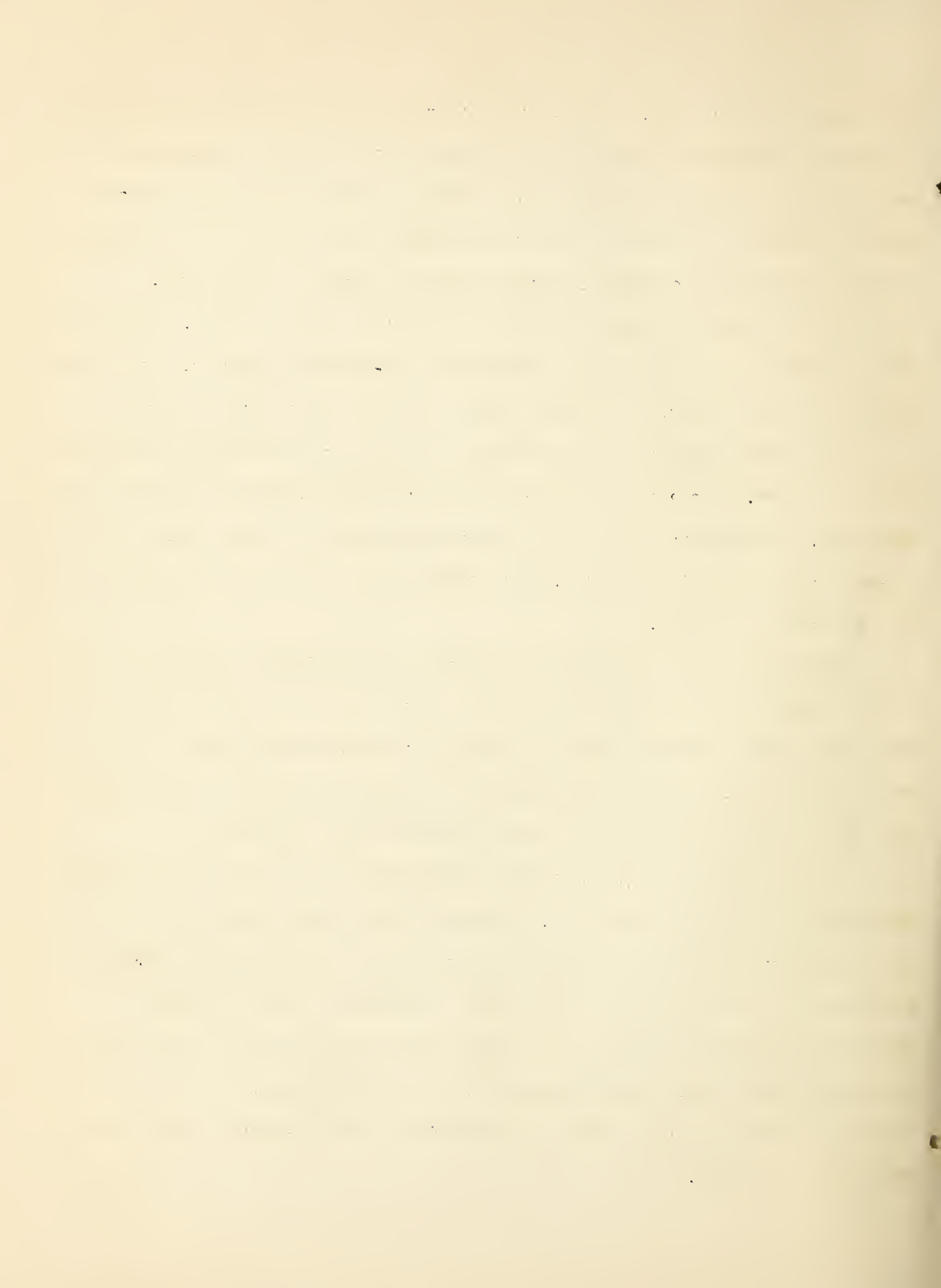
don't pack it in too tight. Slip a crust of bread into the opening near the tail to keep the stuffing in. Tuck the legs under the loose strip of skin under the tail and sew up the slit with soft white twine. Fold the neck skin back and fasten it down with <sup>a</sup>/skewer or stitches. Fold the wing tips under the back. If necessary tie them down without letting any string cross the breast to leave marks.

Rub this stuffed, trussed turkey all over with salt and butter. Pat it with flour. Place on a rack in an open roasting pan, breast down, back up. Do not put any water in the roaster. This makes steam, draws the juices from the meat.

The simplest way to roast a turkey is to cook it at a constant temperature until it is done. The oven thermometer should be moderate, from 300 to 350 degrees Fahrenheit. For smaller birds use the higher temperature. Cook a young turkey in an open roasting pan without a lid. For older turkeys use a lid on the roaster for at least part of the time.

About every half hour baste the turkey with pan drippings and turn it from side to side and now and then on its back. That is, for the most part keep the breast down and the back up so that the breast meat will not get done too long before the dark meat. A young bird cooked at 300 degrees Fahrenheit will require from 18 to 20 minutes per pound of turkey as you bought it undrawn.

If you prefer to brown the turkey first, put it in a hot oven (450 degrees Fahrenheit) for the first half hour. Put the lid over older turkeys after this preliminary browning but cook young ones in the uncovered roaster throughout. Cook the rest of the time at a very moderate temperature (about 325 degrees Fahrenheit). Cooked this way a young turkey should be done when it has cooked 15 minutes for each pound, again figuring from the weight undrawn. An older turkey will take somewhat longer--about 4 1/2 hours for one that weighed 15 pounds when you bought it undrawn.



To tell when a turkey is done insert a skewer or a fork in the thigh next to the breast. If the meat is tender and the juice doesn't look red, the bird is done.

One of the best things about roast turkey is the hot stuffing inside. Just how good this stuffing is depends a lot on the seasoning and the bread that goes into it. Onion, pepper, salt, parsley, and chopped celery are seasonings popular with everyone. Sage, thyme, and celery seed are stronger and must be used cautiously. Some like nuts, oysters, or raisins in their turkey stuffing. In any case dry bread picked apart lightly so that it forms crumbs rather than soggy balls will make the stuffing better.

Of course all the turkey won't be used with the first big serving of it. But left-over turkey is never an anti-climax. Slice it thin and make sandwiches out of it. Serve hot turkey sandwiches for lunch or for Sunday night supper. All you need to do to make these is to serve giblet gravy over toast and garnish with pickles or olives. Turkey soup, from the bones and fine pieces of meat left on them, is best of all, some families think.

Good roast turkey, served hot or cold, is the result of wise buying and intelligent cooking. Skillful carving and a combination with foods that go well with it serve to enhance a turkey's natural goodness.

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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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NOVEMBER 17, 1937 (WEDNESDAY)

WASHINGTON, D.C.

### THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

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### SAUERKRAUT AND SAUER RUBEN

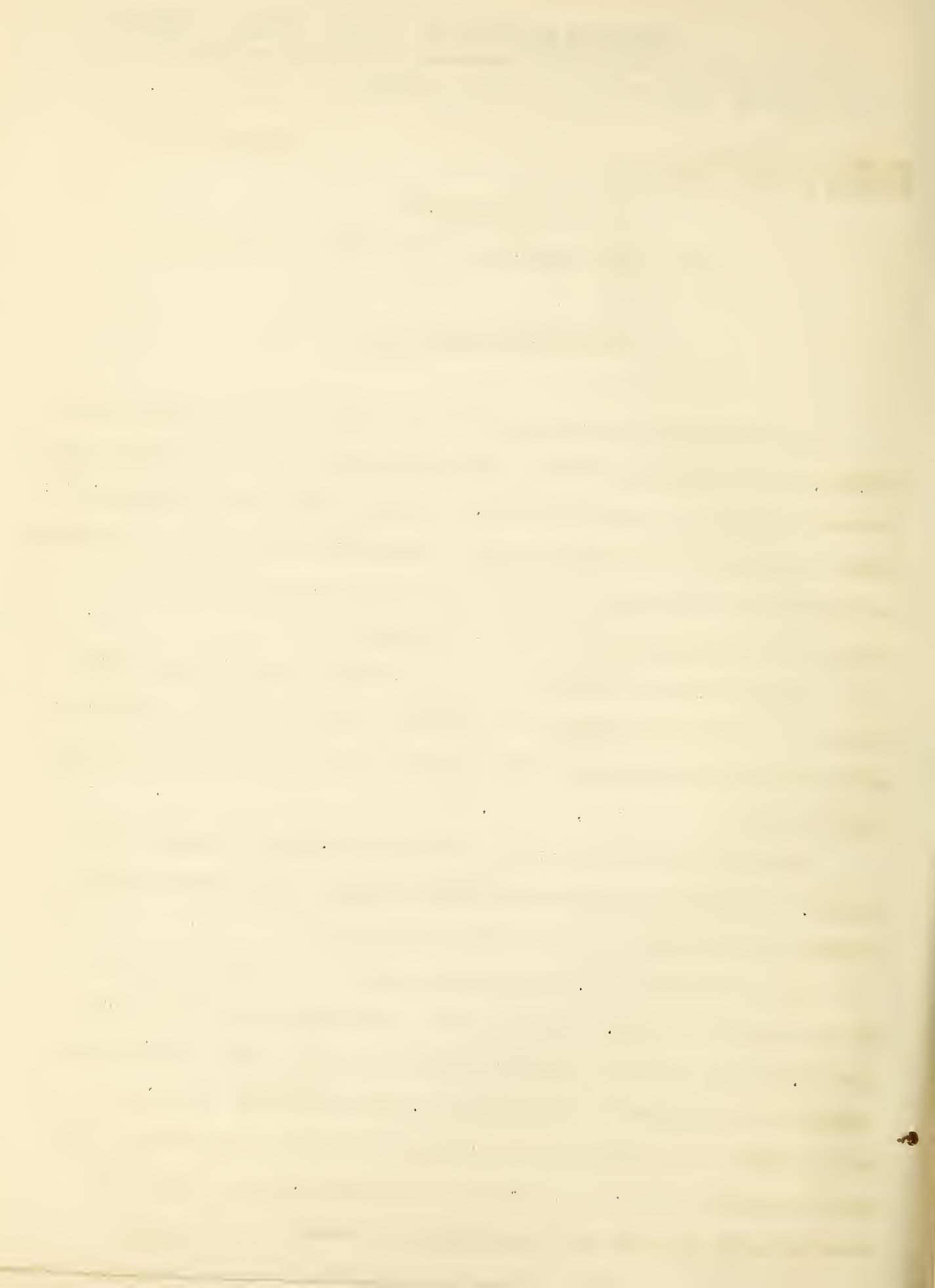
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If an American hostess were called upon to plan a dinner for guests from Germany, France, Austria, and China, she probably would be at a loss to know what to serve. But there is one familiar dish that each member of this international party would recognize--and probably like. The Frenchman would call it choucroute; the man from China would have a different name for it; and the hostess, the German, and the Austrian would all call it "sauerkraut".

Americans think of sauerkraut as a German food, because it was popularized in this country by immigrants from Germany. Probably that's the reason we refer to it by its German name instead of calling it by the literal translation, "acid cabbage".

According to tradition, however, sauerkraut originated in Asia. Supposedly the Tartars introduced it into Eastern Europe. From there it went to Germany. And the Germans passed the good thing on to us.

Not so familiar to us is the similar product, sauer ruben, which in English means "acid turnips". Sauer ruben is made from shredded turnips fermented in their own brine. This brine forms when salt is added to the shredded turnips. The manufacture of sauerkraut is a similar process. In both cases, the salt draws the sugar from the vegetable. Then certain bacteria cause this sugar to ferment. One of the products of this fermentation is lactic acid which gives the food much of its characteristic flavor.



Since about 1890 sauerkraut has been commercially produced in the United States. But before that, it was made in the home in big crocks or stone jars. Hundreds of families in this country still put up sauerkraut each year.

Scientists in the Bureau of Chemistry and Soils have experimented with home methods of making both sauer ruben and sauerkraut. They have concluded that the best way to keep either one is to pack in 2-quart glass jars. It is much simpler to open one of these jars when you need sauerkraut than it is to go out and dip some from a big stone crock.

Sauerkraut packed in the large containers is more likely to spoil than when it is put in smaller jars. Each time you get any out of a big container you must be careful not to expose it to the air more than necessary and see that the brine covers the kraut. And you must remove and replace a cloth and a heavy weight.

Harry Goresline, bacteriologist with the Bureau, worked first with making sauer ruben. He found that the Purple Top Strap Leaf, a common variety, was the best turnip to use. Six others he rated "good". They are Tokyo, Extra Early White Milan, Japanese Shogoin, Purple Top White Globe, Yellow Globe, and Extra Early Purple Top Milan.

Fall varieties of turnips made better sauer ruben than spring ones. And medium-sized turnips used as soon as possible after they were pulled gave a tender and full-flavored product. For this raw material he worked out the following directions.

Wash the turnips and rinse them in cold water. Do not scrub. Remove all the green part from the top. Do not peel them. Then shred with a hand-shredder or the electric shredder you use to make shoestring potatoes. If you slice them instead of shredding you will not have good sauer ruben.



For each 2-quart jar, you'll need 4 pounds of turnips. Add salt and mix together thoroughly. If you are putting up 5 2-quart jars you'll need about 20 pounds turnips and 7 ounces of salt. That's about 1 part salt to  $4\frac{1}{2}$  parts turnips by weight. Use medium fine pickling salt. Mix this in an enamel pan because the quantity of salt you use is likely to corrode ordinary tin dishpans. Mix and put it immediately into glass jars. If you allow the shredded mixture to stand in air it will turn black.

Use glass jars with glass lids. The salt will corrode the zinc type lids just as it does tinpans or other metal. Put on a rubber, then fasten the lid on with the top wire only. When fermentation starts, it produces gas. If the other clamp were fastened tightly the jar would probably explode. Set these jars in an enamel pan. Keep at ordinary room temperature. The gas that forms will force the juice out through the top and over into the pan.

Once every 24 hours, remove the lids, tamp the shredded turnips down into the jar. Pour the juice back in. As soon as the last gas bubbles have died down you may clamp the lid on securely. This will be after about 4 days. In 12 to 14 days from the time you put the cabbage in the jars, the fermentation will be completed and the sauer ruben ready to eat. It is better to put up only enough of either sauer ruben or sauerkraut to last for one season because they will soften during summer storage.

Sauerkraut may be made much the same way as sauer/ruben. Use compact heads of cabbage - about  $3\frac{1}{2}$  pounds of cabbage to a 2-quart jar. Shred it with an ordinary cabbage shredder. For each 10 pounds cabbage use 4 ounces salt. This is a proportion by weight of one part salt to 40 parts cabbage. It takes only about 10 days to complete the cabbage fermentation.



If you want to make sauerkraut by the older method, pack the shredded cabbage mixed with salt lightly into large stone jars. Do not hammer it down. Cover it with a clean cloth and a board or a plate. Put a weight on this board heavy enough to make the brine run over the top of the cabbage. Ferment it at a temperature of 75 - 80 degrees Fahrenheit. After about 10 days the fermentation will be over.

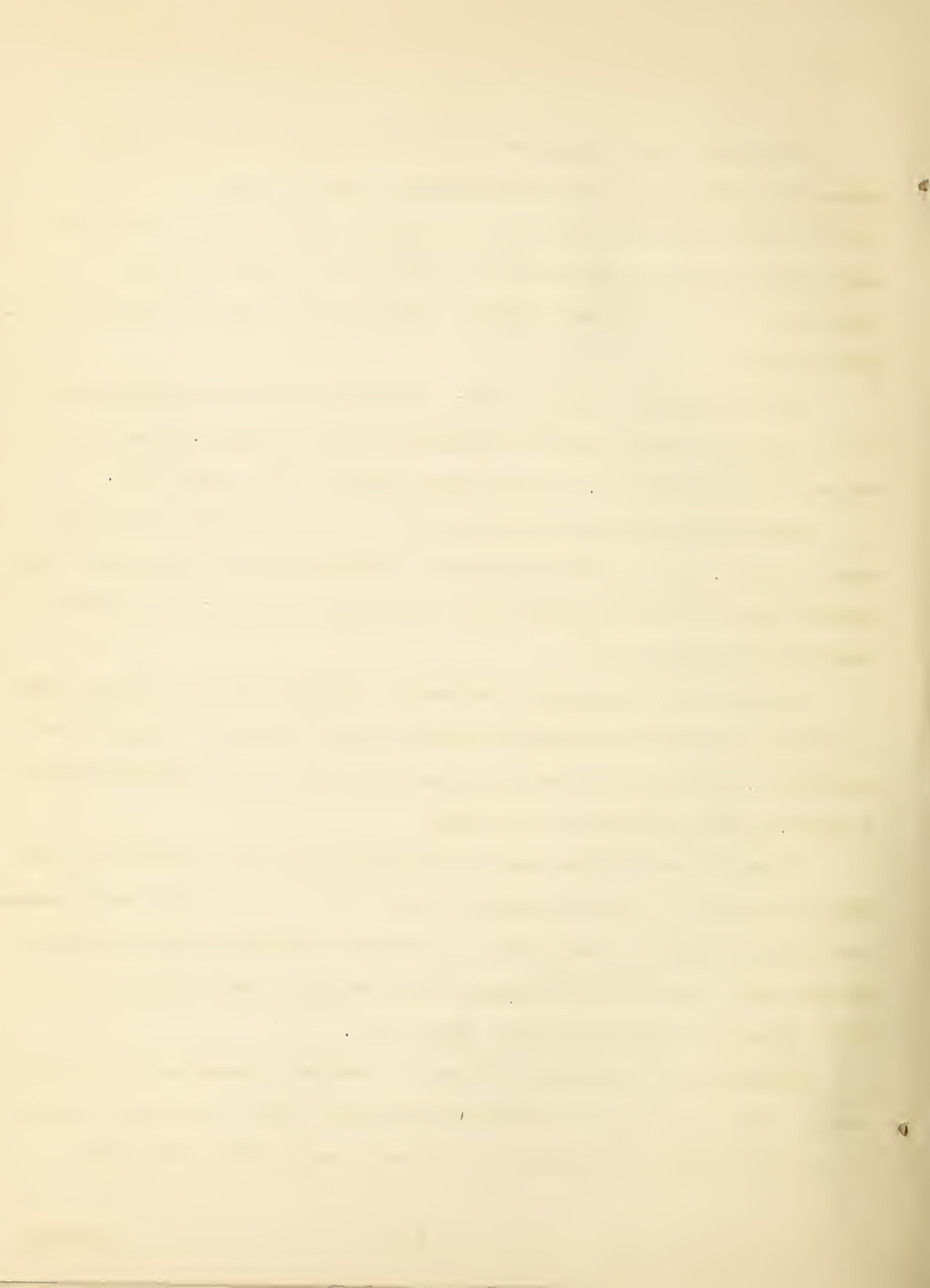
Then put this in a very cool place. Whenever you remove sauerkraut from it be sure that the brine covers the sauerkraut left in the jar. Expose it to air as little as possible. If a white scum forms on the top, remove it.

However you make your sauerkraut, you'll use it in combination with some kinds of pork. The crisp acid kraut makes a delightful taste foil for spare ribs, sausage, wieners, and ham. Potato salad, sauerkraut, and sausage is a combination that many persons like.

In some parts of the country sauerkraut is always served hot whenever there is turkey. A cocktail of sauerkraut juice and lemon juice is a good winter-time appetizer. Combined with diced apples, and fried until brown, sauerkraut makes a delicious extra "vegetable" for any meal.

Unless you want to cook some of the crispness out of the sauerkraut or you want it less sour, it is not necessary to cook it long. You can make savory sauerkraut by simply adding 1 quart kraut to 1/4 cup of fat that has been heated to a golden brown. Add to this 1/4 teaspoon celery or caraway seed. Mix well using a fork. Cover and cook for 5 minutes. Serve hot.

Sauer ruben is so similar in flavor and texture to sauerkraut that you can use it in the same ways and to make the same dishes. You'll find that either one is a welcome addition to a meal for its unusual, characteristic acid flavor.



# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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NOVEMBER 24, 1937 (WEDNESDAY)

WASHINGTON, D.C.

### THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

### --- COLORFUL ROOT VEGETABLES ---

Many years ago, when Rome was still in its glory, there lived a man very fond of parsnips. Since he was the Emperor Tiberius he could afford to gratify his own wishes. So each year he sent an expedition to Germany to bring back a supply of the good parsnips that grew there.

Today, in America, the parsnip is one of the root vegetables common on winter markets. Deep red beets, orange carrots, oyster-white salsify, yellow rutabagas, and purple-topped turnips are others available to the woman looking around for something to add color and flavor to her meals.

It's along about this time of year that the root vegetables come into prominence. As the supply of fresh green garden vegetables becomes scarcer in most parts of the country these below-the-ground sorts come out of storage and fill the grocery bins. Many persons with home gardens store their own supply for the whole winter.

In these roots, the plants have stored starches and sugars that make them valuable energy foods; also certain vitamins and minerals. Turnips, rutabagas, carrots, parsnips, and salsify are rich sources of calcium, a mineral we often lack in our diets. Beet roots are only a fair source of calcium, but the beet tops are an excellent source of this mineral.



All six of these vegetables contain some vitamin B. Turnips and rutabagas when raw are excellent sources of vitamin C, but much of this is usually lost in cooking, especially when a large amount of water is used and discarded. Carrots contain some vitamin C, but they are excellent as a source of vitamin A. This is advertised by their brilliant orange color. The orange pigment in carrots is carotene. Carotene is changed into vitamin A in the liver. This is the vitamin that helps in building up the body's resistance to infection.

On the markets carrots are sold either as mature or fresh bunch carrots. The mature carrots have their green tops removed and are of a deeper color and a more pronounced flavor than the bunched carrots sold with their green tops on. Mature carrots are usually less expensive than the younger bunched ones.

In buying carrots, look for firm, well-shaped roots. Avoid woody cores, soft places, and flabby roots. Carrots sold in bunches should have fresh green tops. Those that have thick masses of leaf stems on the neck usually have large cores. Misshapen roots make for waste in preparation.

Parsnips and salsify are similar in shape and color. Salsify is sometimes called vegetable oyster or oyster plant because it has a mild oyster-like flavor. The roots are never as thick through as the roots of parsnips. In buying both of them, look for the same general things as in buying carrots.

Turnips and rutabagas are also quite similar. There are a yellow and white varieties of both these vegetables. But in general, most turnips are white and most rutabagas are yellow. Rutabagas are more elongated than turnips as a rule. Both are cool weather vegetables.

When you buy these look for plump, firm ones with few leaf scars around the crown and very few fibrous roots at the base. Turnips sold bunched should have fresh green tops. Large overgrown turnips or rutabagas that feel light for their size probably are tough, pithy, and strong in flavor.



Beets are also sold mature or in bunches of several with their green tops attached. Buying these is much the same as buying other root vegetables. Avoid flabby, withered specimens, those with many fibrous roots on them, or those with a great number of leaf scars around the neck. Those sold in bunches have green tops on them that are delicious served as greens.

All root vegetables are easy to keep. Parsnips and salsify are often left in the ground all winter. They both improve in flavor if they are kept at or near freezing temperature, but there is no scientific basis to the notion that parsnips must be frozen to be good to eat.

Since these vegetables differ considerably in flavor and color there is no general recipe that applies to all. In cooking each one different factors have to be considered. Turnips must not be overcooked so that they taste strong; beets must retain their bright red color; and salsify must be handled quickly because it turns black after paring.

Following are some special ways of cooking or serving each of these root vegetables.

Cook scrubbed parsnips in lightly salted, boiling water until tender. Drain, scrape the skins from the parsnips, slit them lengthwise, and remove the stringy cores. Put these halves in a baking dish, cover with a cream sauce. Over this sprinkle buttered bread crumbs. Brown in the oven.

Take special precautions with salsify to keep it from turning dark. When cooking it, wash it, scrape, cut into small pieces, and drop into cold water to prevent it changing color. Boil in an uncovered pan in a small quantity of unsalted water until tender. Pour a cream sauce over the cooked pieces. Heat in an oven and serve with chopped parsley sprinkled over the top.



In cooking beets you also have the problem of conserving color. To keep them from bleeding leave the long tap root on while cooking them, and leave at least two inches of the green tops on them. Combining them with vinegar in some way helps to bring back their brilliant color. Sweet-sour Harvard sauce over beets makes a dish that lends spice to a meal.

To get the vitamin C of turnips it is best to eat them raw in salads or in finger-length strips. If for variety you want them cooked, cut turnips into small pieces and cook quickly to prevent the strong flavor that comes from over-cooking.

For instance, in quick turnip soup grate the raw turnip. Heat 1 quart milk in a double boiler with 1 onion cut in half. Add 1 tablespoon flour, 2 tablespoons melted butter that have been blended together. Then add 2 cups grated raw turnips. Add 1 teaspoon salt. Cook until the turnip is tender or about 10 minutes. Remove the onion. Sprinkle chopped parsley over the soup just before serving. Cooking vegetables in milk develops the delicate flavor and assures the serving of any food value that has been dissolved in the cooking liquid.

Rutabagas contain some carotene and so are a source of some vitamin A. If properly cooked a dish of mashed rutabagas is a delicate light yellow color. Cut into pieces, cook quickly until tender. Mash, add salt, butter and milk or cream. Serve hot at once.

Use carrots raw to get the most vitamins from them. In cooking, you'll have no trouble preserving the yellow color, because carotene is a pigment stable to heat. Use carrots in salads. Mix them with shredded pineapple and nuts and combine them with a lemon gelatin base.



Grated carrots with the juice squeezed out of them, bound together with nuts by butter or mayonnaise makes an excellent sandwich filling. Grated carrots with peanut butter is another. By the use of these spreads it is possible to get a fresh vegetable into a child's school lunch.

These suggestions, of course, only scratch the surface of possibilities for cooking root vegetables.

